



March 4, 2015

Are you ready for Spring and Daylight Savings Time?

Set your clocks one hour ahead on March 8th as we start daylight saving time.

The first day of Spring is March 20th. This day is also known as the vernal equinox meaning we will have approximately the same number of daylight hours and night hours that day.



As you look forward to warmer weather, think about what you need or want to do to get your home ready for spring. Need Spring Cleaning help or windows washed? Does your fence need to be painted? How about help with your lawn and garden? Do you have any damage around the house caused

by the cold weather?

Call and Give Us Your To Do List today and you can enjoy the good weather while we get to work.

We will be celebrating our 5th anniversary of serving you. CINCO DE MYWAY is MAY 5, 2015. WATCH THIS SPACE for your invitation and more information.

Eric Wilden

Executive Director

Things to know, things to do

Weavers Way FemFest - March 7, 2015

In honor of International Women's Day, Weavers Way Co-op in Mt. Airy is hosting A Day of Celebration, Sharing & Inspiration For Women Embracing Age. FemFest 2015 is a free, full-day program of informative, inspiring and entertaining presentations by, for and about women aged 50 and above and will be held from 10 a.m. to 4 p.m in the gym of the Summit Presbyterian church, at Greene & Westview.



Your friends from Ralston My Way will be there. Please come by our table, say hello and tell us what services you need.



Stretch & Tone with a Yoga Twist in East Falls

East Falls Village offers a great opportunity to exercise in a relaxed setting, giving you the chance to improve your balance and flexibility while socializing with others at "Stretch & Tone with a Yoga Twist."

The Stretch & Tone with a Yoga Twist class is held on Mondays at 10 a.m. at the East Falls Presbyterian Church, located at Vaux Street and Midvale Avenue. Class is taught by a knowledgeable instructor from Ralston Center who is experienced in working with seniors. Members and non-members of East Falls Village alike are encouraged to participate.

Beginners are welcome. Please remember to wear comfortable clothing and bring a yoga mat if you have one. For more information, contact East Falls Village at 267-444-4507 or visit their website www.eastfallsvillage.com and look under the "Calendar of Events."

Do I have a hearing problem?

Are you having trouble hearing? Hearing loss is one of the most common conditions affecting older and elderly adults. Approximately one in three people between the ages of 65 and 74 has hearing loss and nearly half of those older than 75 have difficulty hearing.

If you answer "yes" to three or more of the questions below, you could have a hearing problem and may need to have your hearing checked by a doctor.

1. Do I have a problem hearing on the telephone or cell phone?
2. Is it hard for me to follow a conversation when two or more people are talking at the same time?
3. Do I have to strain to understand a conversation?
4. Do many people I talk to seem to mumble or not speak clearly?
5. Do I misunderstand what others are saying and respond inappropriately?
6. Do I often ask people to repeat themselves
7. Do people complain that I turn the TV volume up too high?

The most important thing you can do if you think you have a hearing problem is to see your primary care physician or an otolaryngologist (a doctor who specializes in diagnosing and treating diseases of the ear, nose, and throat. Each has a different type of training and expertise important to your hearing health care.

For more information, [Hearing loss and older adults](#)

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